

**1-888-340-0482**  
**Monday-Friday**  
**8:30-5:30 Central Time**



Keys Fitness Products, L.P.  
4009 Distribution Dr.  
Suite 250  
Garland, Texas 75041

# CardioMax

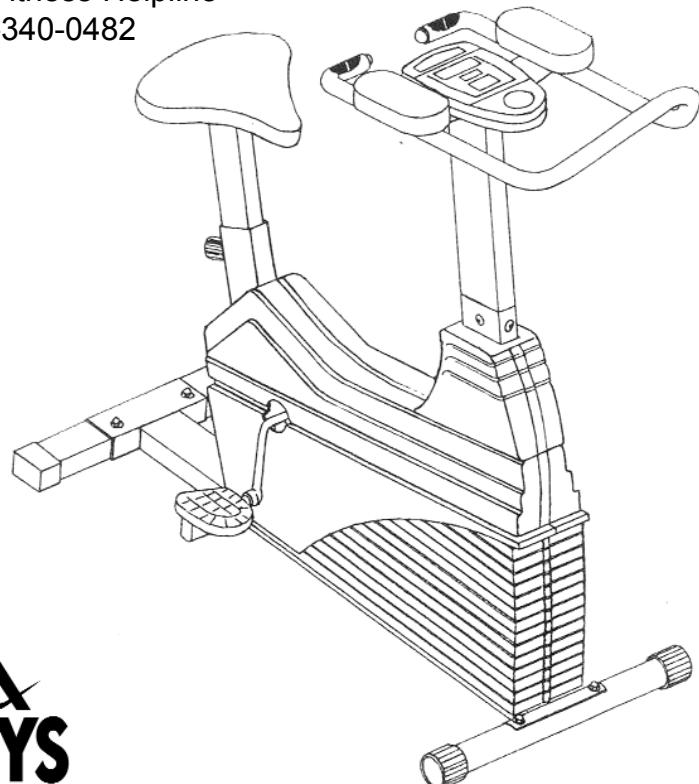


**560 Upright**

## OWNER'S MANUAL

### QUESTIONS?

Call Our Toll Free  
Keys Fitness Helpline  
1-888-340-0482



**Keys Fitness Products, L.P.**  
**P.O. Box 551239**  
**Dallas, Texas 75355-1239**

### CAUTION!

Please read the precautions and instructions in this manual before using this equipment. Please save this manual for future reference.



**Keys Fitness is committed  
to quality products that  
demonstrate our commitment  
to excellence!**

**Keys Exercise Bike  
Model: CM560**

**Questions?**

*Please call if:*

- you need assistance about operating your exercise bike
- parts are missing
- parts become worn or need to be replaced

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*Please have the following product information available:*

- Model Number
- Part Number
- Description

**Before You Start**

Thank you for purchasing a Keys exercise bicycle! This quality product you have chosen was designed to meet your needs for cardiovascular exercise.

Prior to assembly, remove components from the box. Assembly instructions are described in the following steps and illustrations.

**Important Safety Information  
WARNING!**

- 1) Before using this exercise bicycle or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
- 2) To reduce the risk of electrical shock, burns, fire or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

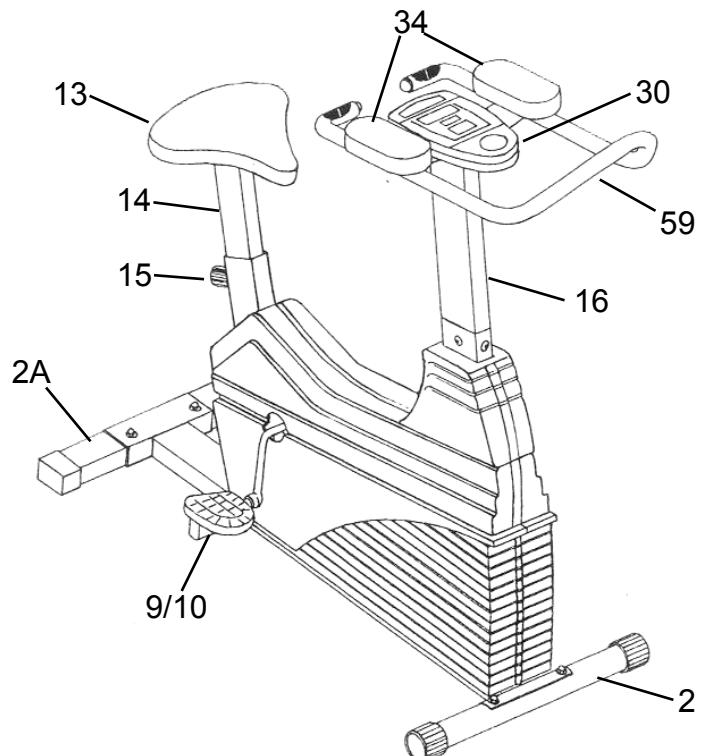
## Safety Precautions and Tips

It is the owner's responsibility to ensure that all users of this exercise bike have read the Owner's Manual and are familiar with warnings and safety precautions.

- This exercise bike has a maximum user capacity of 300 pounds.
- The CardioMax Exercise bike should only be used on a level surface and is intended for indoor use only. It should not be placed in a garage, patio or near water. Keys recommends an equipment mat be placed under the bicycle to the protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this exercise bike with bare feet, sandals, socks or stockings!
- Always examine your exercise bike before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the exercise bicycle.
- Never operate the exercise bicycle where oxygen is being administered or where aerosol products are being used.
- Never insert any object or body parts into any opening.
- Service to your CardioMax exercise bike should only be performed by an authorized service representative, unless authorized and/or instructed by a Keys technician. Failure to follow these instructions will void the warranty.

## ASSEMBLY PARTS

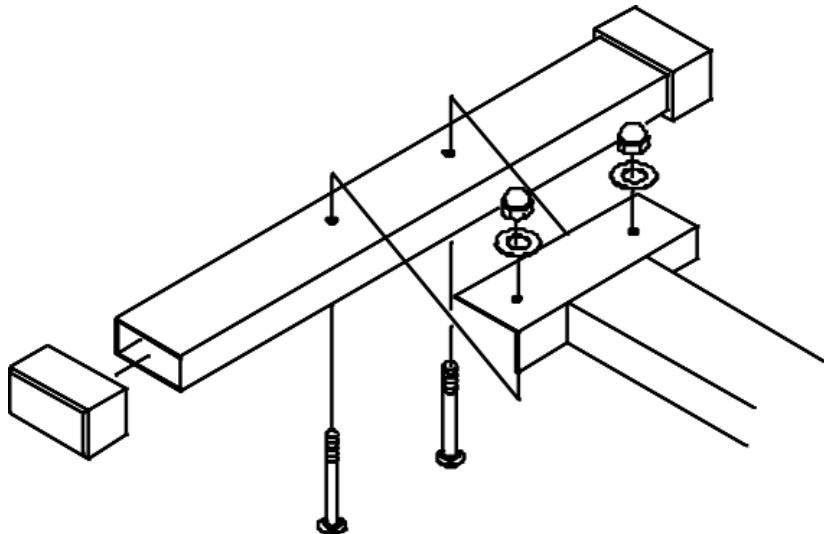
PART	#
FRONT FOOT TUBE	2
REAR FOOT TUBE	2A
RIGHT/LEFT PEDAL	9/10
SEAT	13
SEAT POST	14
LOCKING KNOB	15
CONSOLE TUBE	16
CONSOLE	30
ELBOW PADS	34
FRONT HANDLEBAR	59



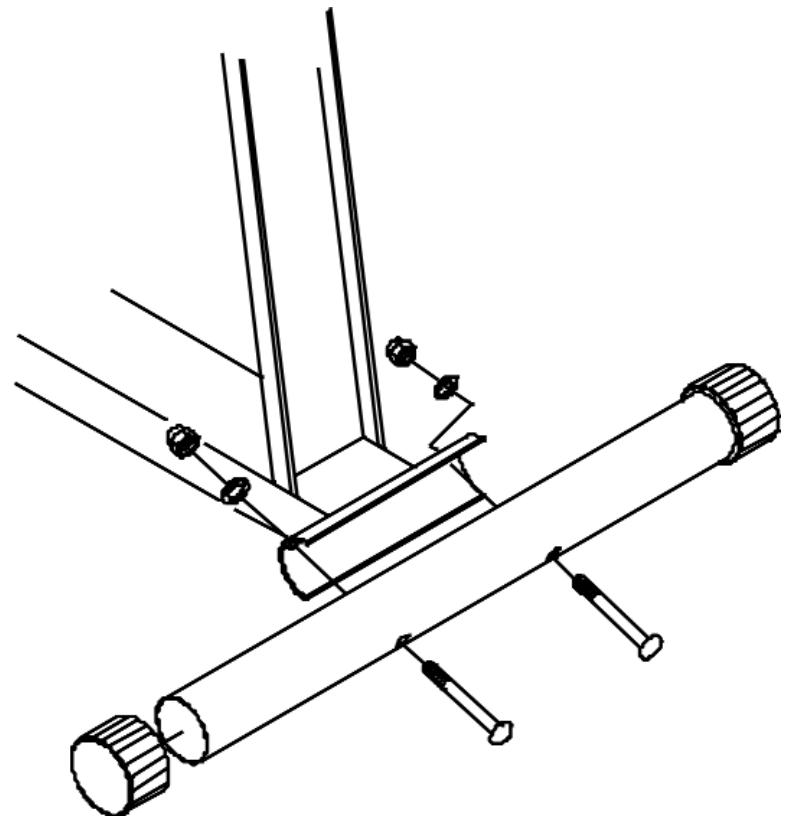
## **Assembly of CardioMax 560 Upright Bike**

**REMOVE ALL SECURITY TAPE AND WRAPPING  
BEFORE BEGINNING**

- 1.** Attach REAR FOOT TUBE to the FRAME by using the CARRIAGE BOLTS, WASHERS and CAP NUTS.

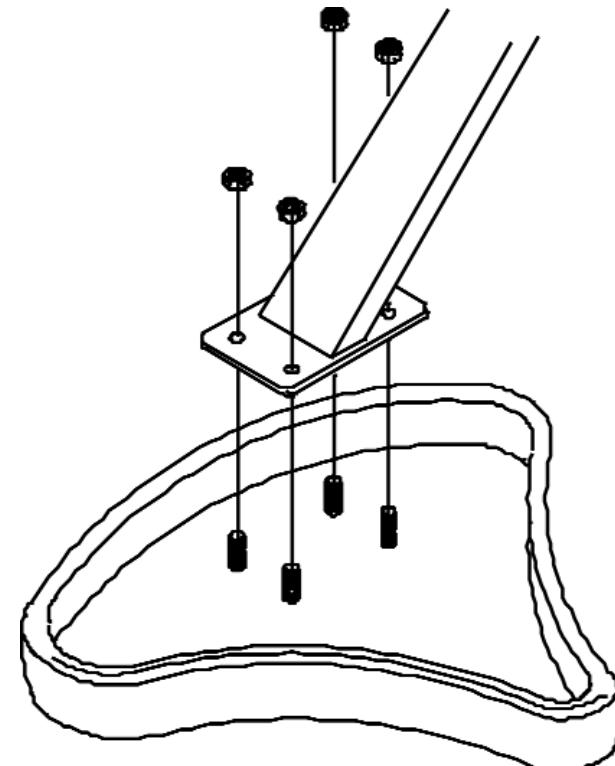
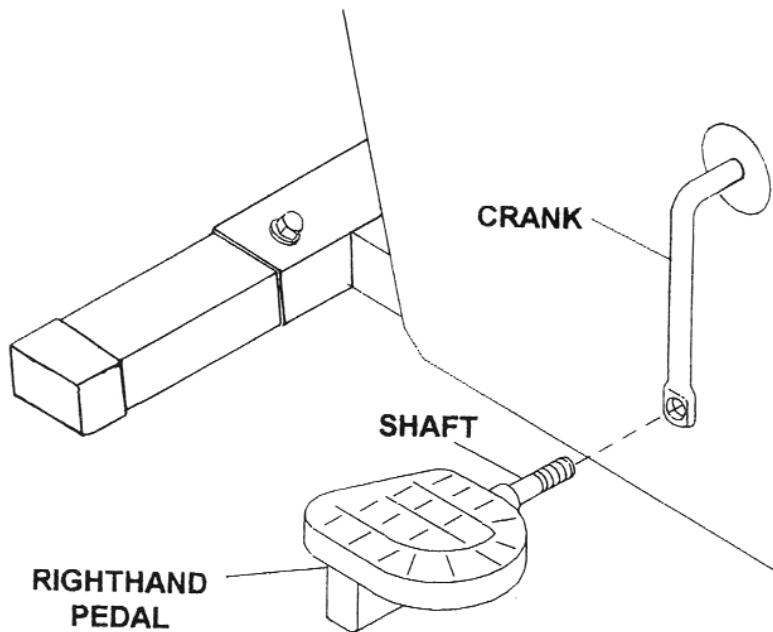


- 2.** Attach FRONT FOOT TUBE to the FRAME by using the CARRIAGE BOLTS, WASHERS and CAP NUTS.

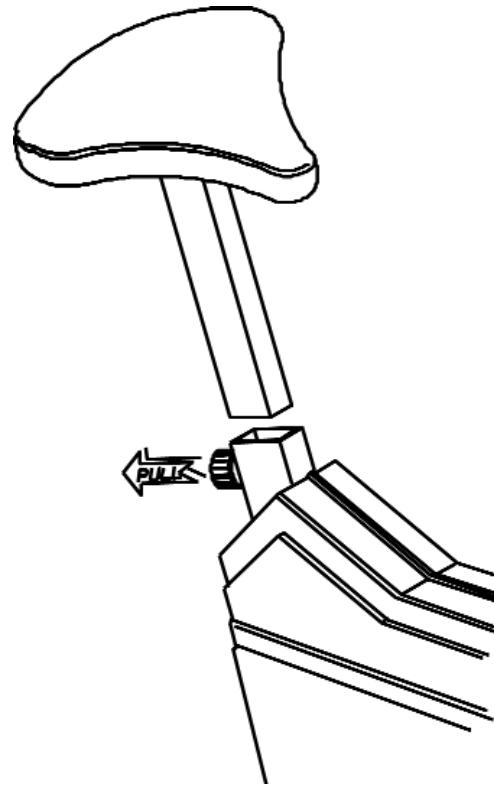


3. Thread SHAFTS of PEDALS into CRANK and tighten with wrench.

**IMPORTANT:** Axles of pedals are branded "L" and "R." The pedal marked "R" goes on the right hand side of the bike and the one marked "L" on the left hand side. Tighten the left pedal by turning counter-clockwise and the right pedal by turning clockwise.

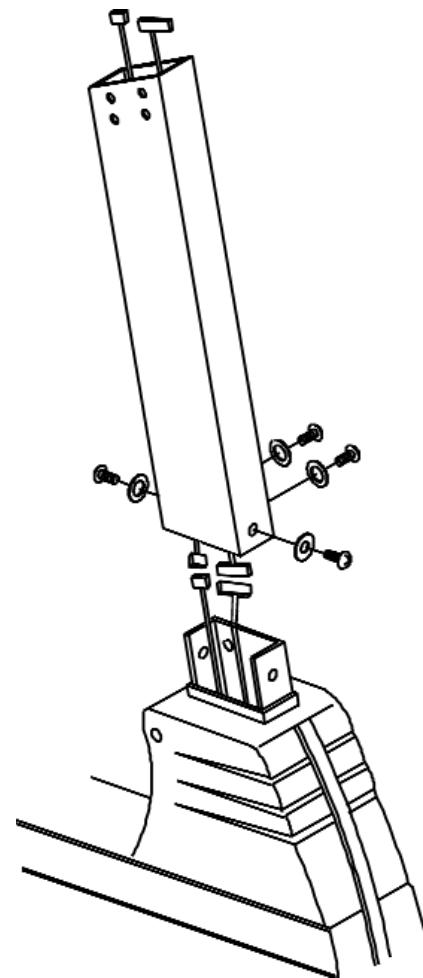


4. Place SEAT upside down and remove NUTS on MOUNTING BOLTS. Lower MOUNTING PLATE of SEAT POST down onto MOUNTING BOLTS and fasten with removed NUTS.

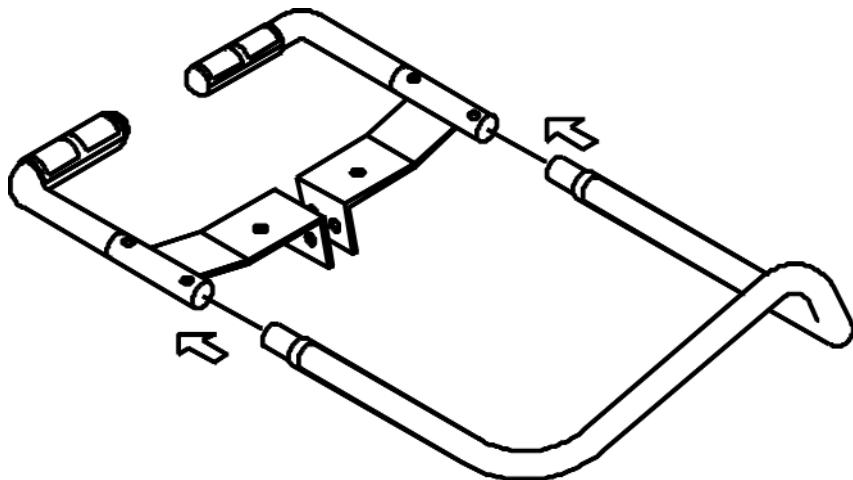


5. Turn LOCKING KNOB counterclockwise to loosen. Pull LOCKING KNOB out and insert SEAT POST into SEAT POST TUBE to desired seat height. Release LOCKING KNOB so that it springs into a hole in the SEAT POST and turn clockwise until tight to remove any looseness.

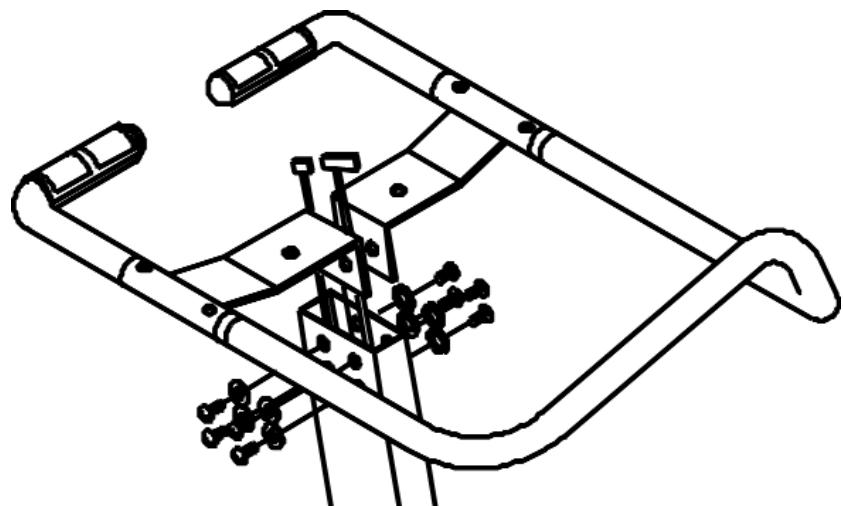
**IMPORTANT:** LOCKING KNOB must be locked tightly into hole in SEAT POST before you sit on the SEAT.



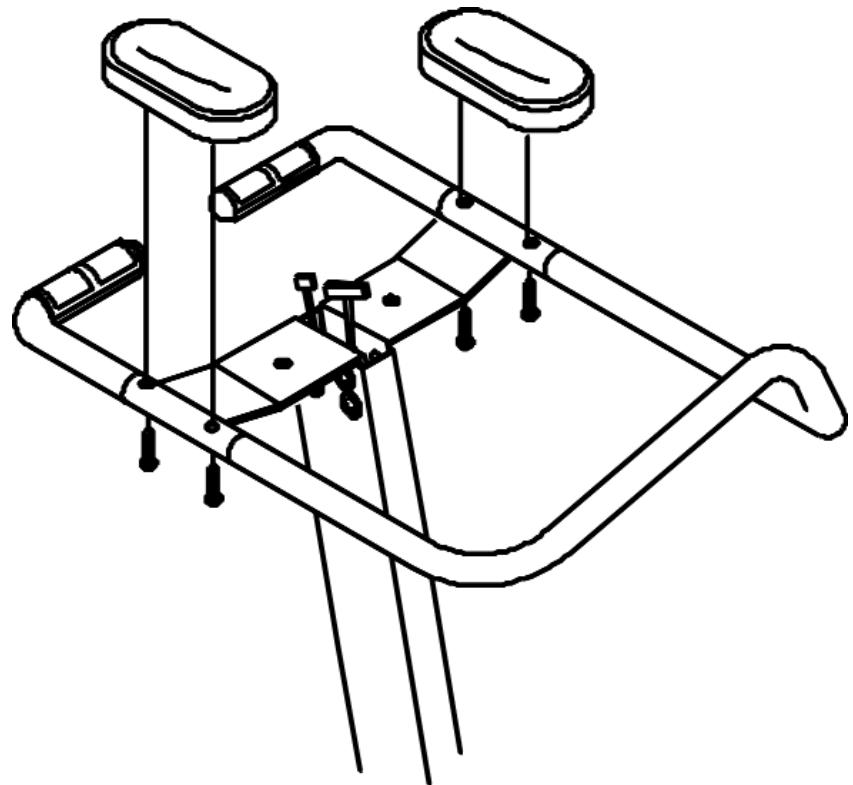
6. Connect the two wires in the FRAME to the matching wires in the CONSOLE TUBE. Make sure wires are securely attached. Connect CONSOLE TUBE to FRAME with BUTTON HEAD SCREWS and FLAT WASHERS.



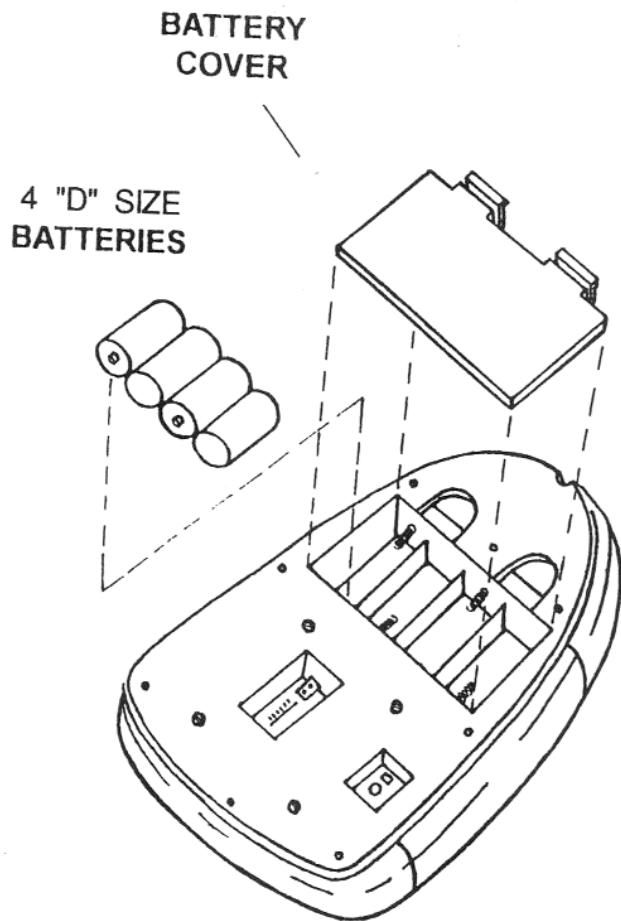
7. Slide FRONT HANDLEBAR SLEEVE into the RIGHT and LEFT HANDLEBAR BRACKETS.



8. Attach RIGHT and LEFT HANDLEBAR BRACKETS to the CONSOLE TUBE with BUTTON HEAD SCREWS and FLAT WASHERS (hand tighten only).

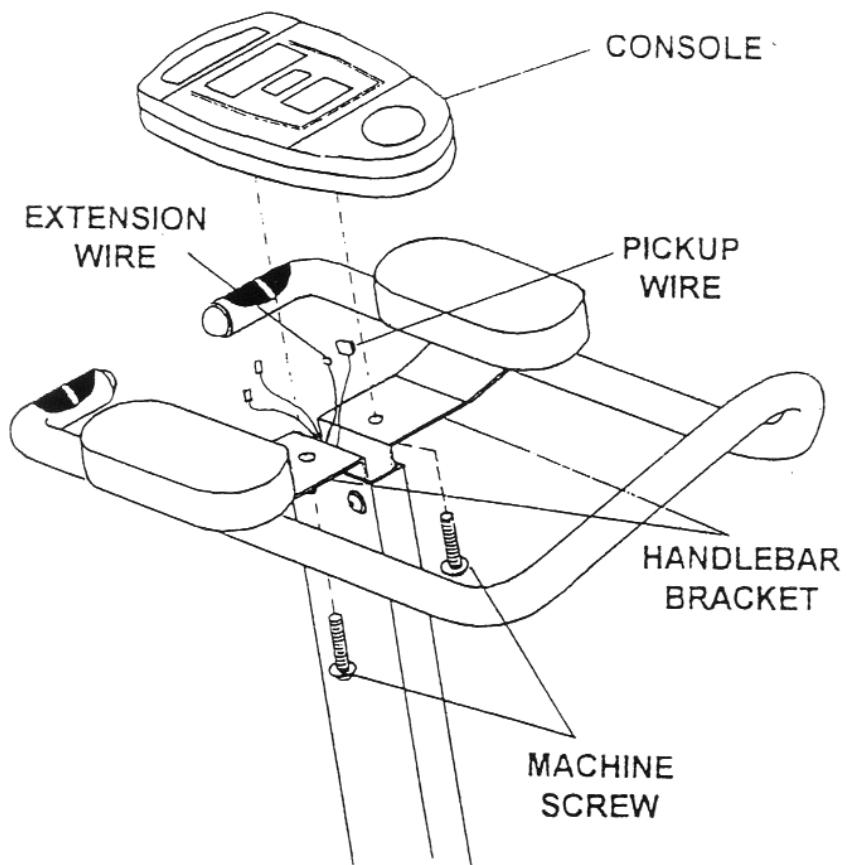


9. Secure ELBOW PADS and FRONT HANDLEBAR with MACHINE SCREWS. (Tighten BUTTON HEAD SCREWS from STEP 8)



- 10.** Open BATTERY COVER. Install 4 "D" size batteries. The + and - end of each battery must face in the same direction as the + and - shown inside the console case.

**CAUTION:** DO NOT use rechargeable batteries. Using rechargeable batteries will cause a short circuit and destroy monitor.



- 11.** Carefully plug EXTENSION WIRE, PICKUP WIRE and HAND PULSE WIRES into back of CONSOLE. Connect CONSOLE to HANDLEBAR BRACKET with MACHINE SCREWS.

## **560 Console Instructions**

Your CardioMax 560 is equipped with a programmable monitor to help you track your progress and motivate you to reach your fitness goals.

### **STEP 1**

To turn on your monitor, press the ON/OFF button.

### **STEP 2**

After turning your monitor ON, choose one of the courses (Plateau, Interval, or Manual).

### **STEP 3**

After selecting a program, choose a resistance level between 1 and 8 by using the + and - arrows. Then press the ENTER button.

### **STEP 4**

After selecting a resistance level the TIME function will appear in the upper left hand corner of the display. Using the + or - arrows in the TIME function, select between 1-99 minutes. Press ENTER/START and begin your workout.

## **Monitoring Your Heart Rate**

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See ***Fitness Safety*** on page 16.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone- 60%, then gradually progressing up to 75%.

According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

## Fitness Safety

The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

**(MHR) = Maximum Heart Rate**

**(THR) = Target Heart Rate**

**220 - age = maximum heart rate (MHR).**

**MHR x .60 = 60% of your maximum heart rate.**

**MHR x .75 = 75% of your maximum heart rate.**

**For example, if you are 30 years old, your calculations will be as follows:**

$$220 - 30 = 190$$

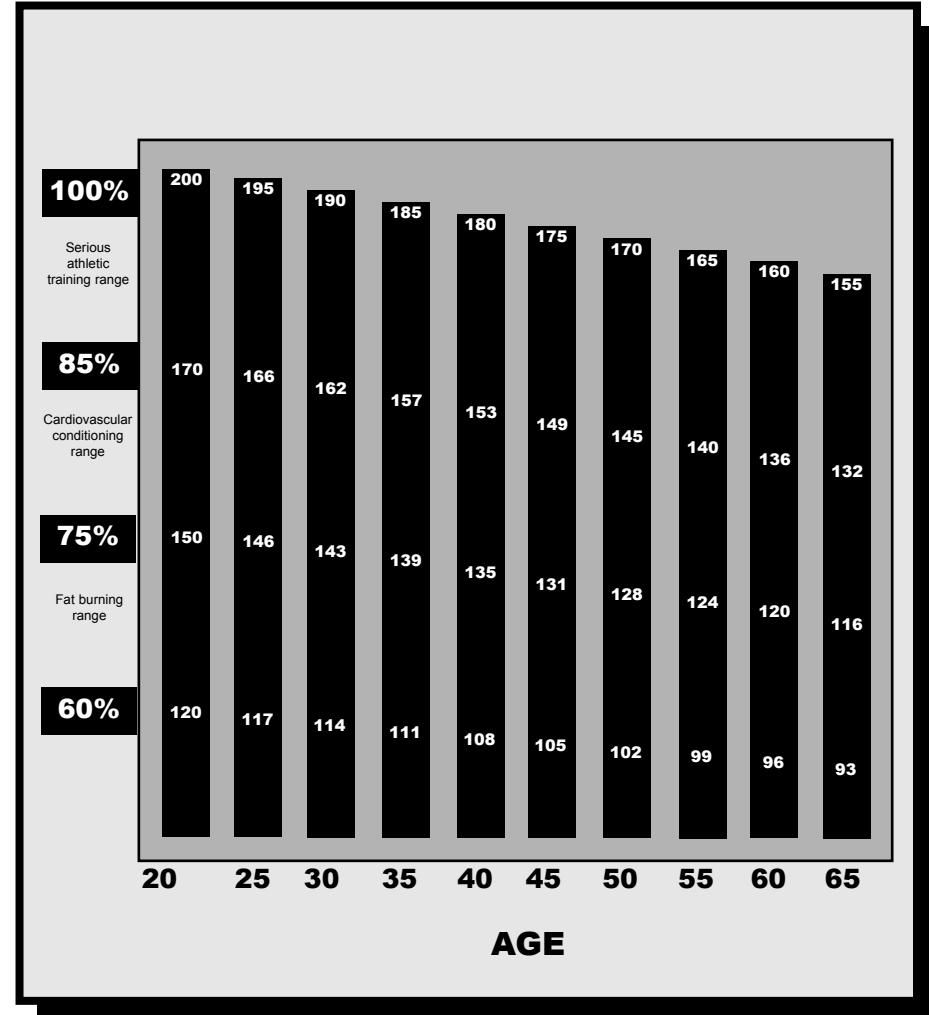
$$190 \times .60 = 114 \text{ (low end or } 60\% \text{ of MHR)}$$

$$190 \times .75 = 142 \text{ (high end or } 75\% \text{ of MHR)}$$

For a 30 year-old the (THR) Target Heart Rate would be 114-142.

See Table on right for additional calculations.

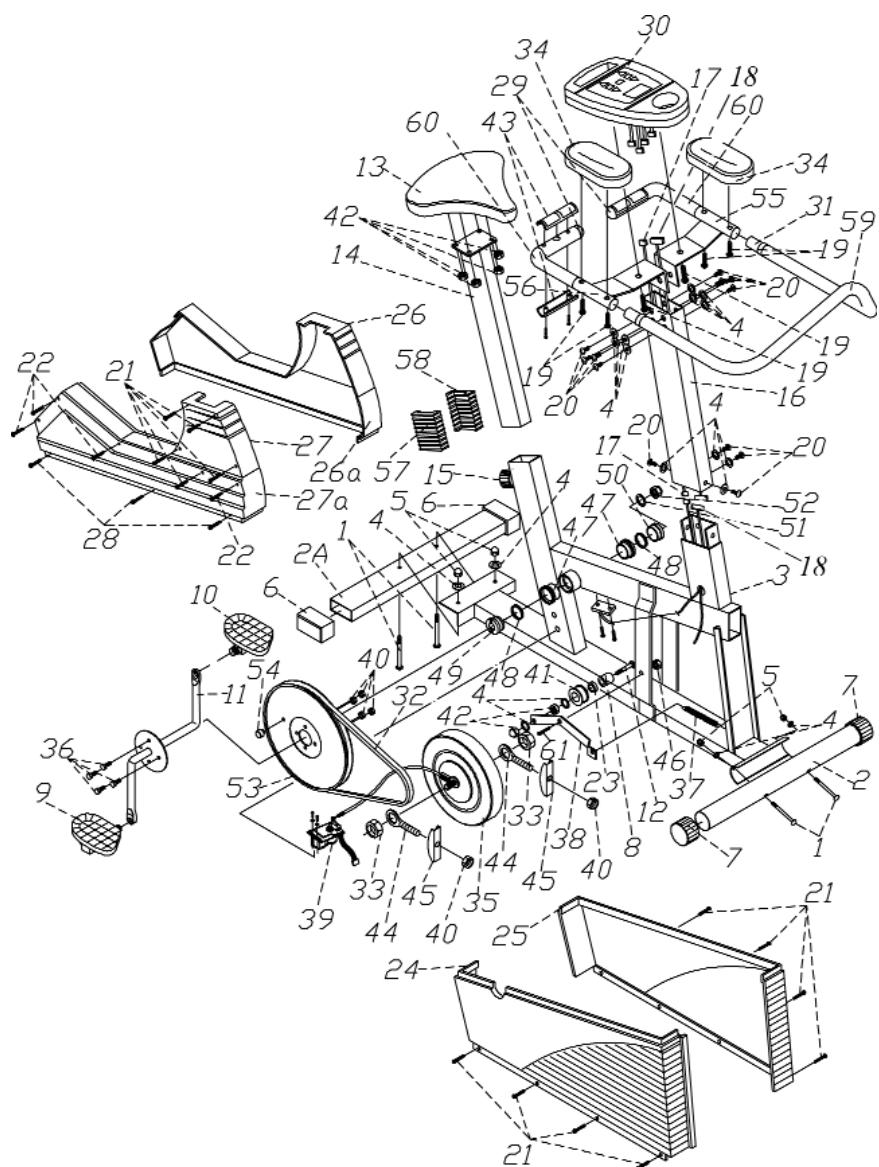
## TARGET HEART RATE ZONE



## 560 UPRIGHT PARTS LIST

#	PART	QTY	#	PART	QTY
1	Carriage Bolt M8x1.25x60mm	4	30	Console	1
2	Front Foot Tube	1	31	Front Handlebar	1
2a	Rear Foot Tube	1	32	V Belt	1
3	Frame	1	33	Cap Nut M10	2
4	Flat Washer M8x18.8mm	10	34	Elbow Pad	2
5	Cap Nut M8x1.25	4	35	Magnetic Brake	1
6	Foot Cap	2	36	Machine Screw	4
7	Wheel	2	37	Spring	1
8	Spacer	1	38	Belt Tension Bracket	1
9	Right Pedal	1	39	Gear Box	1
10	Left Pedal	1	40	Hex Nut M6x1	6
11	Crank	1	41	Idler Pulley	1
12	Screw M8x38mm	1	42	Locknut M8	4
13	Seat	1	43	Hand Pulse	2
14	Seat Post	1	44	Eyebolt	2
15	Locking Knob	1	45	Adjustment Channel	2
16	Console Tube	1	46	Locknut M6	1
17	Reed Switch	1	47	Bearing Cup	2
18	Extension Wire	1	48	Bearing	2
19	Machine Screw M6x1x10mm	6	49	Notched Bearing Nut	1
20	Button Head Screw M8x1.25x12mm	11	50	Slotted Bearing Nut	1
21	Sheet Metal Screw M4x16mm	14	51	Crank Washer	1
22	Sheet Metal Screw M4x12mm	4	52	Crank Nut	1
23	Idler Pulley Bushing	1	53	Pulley	1
24	Bottom Right Cover	1	54	Magnet	1
25	Bottom Left Cover	1	55	Left Handlebar Bracket	1
26	Connecting Left Cover	1	56	Right Handlebar Bracket	1
26a	Top Left Cover	1	57	Right Seat Post Bushing	1
27	Connecting Right Cover	1	58	Left Seat Post Bushing	1
27a	Top Right Cover	1	59	Front Sleeve	1
28	Machine Screw M5x60mm	3	60	Rear Sleeve	2
29	Ball Plug	2	61	Machine Screw M6x20mm	1

## CM560 EXPLODED VIEW



# **KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY**

**PRODUCT:** CARDIOMAX 560 UPRIGHT EXERCISE BIKE

**HOME USE WARRANTY:** Frame: 2 Years

Parts: 1 Years

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty period to the original purchaser is listed above in the table.

Keys warrants that the Product you have purchased for use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include computer overlays, pedal straps, rope cords, seats, grips, chains, bottom bracket assemblies, pads, upholstery, pulleys, bearings, etc. Please contact a Keys Fitness customer service representative for specifics on wear items. This Limited Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing.

During the warranty period Keys will repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product.

To obtain warranty service, you must contact a Keys authorized retailer, service technician or Keys Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Keys-branded products. Keys neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR UNIT WITH KEYS FITNESS PRODUCTS, LP.

MAIL WARRANTY CARD TO:  
KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355